



COMMISSION RECOMMENDATION

Commission on Aging

Recommendation Number: 20260311-014: Adult Day Health Centers (Day Activity Health Services)

WHEREAS, Day Activity Health Services provide supervised daytime care, health monitoring, therapeutic activities, meals, and social engagement for older adults and adults with disabilities, helping individuals remain in their homes and communities rather than entering institutional care¹; and

WHEREAS, Day Activity Health Services provide critical respite for family caregivers by offering structured daytime supervision and care, allowing caregivers time to work, attend to personal needs, and maintain their own physical and mental health²; and

WHEREAS, research demonstrates that adult day services can reduce caregiver stress and delay nursing home placement for older adults receiving care in community settings³; and

WHEREAS, family caregivers play a critical role in the long-term care system, and caregiving responsibilities can significantly affect workforce participation as many caregivers reduce work hours or leave employment to provide care⁴; and

WHEREAS, there are only two Day Activity Health Service Programs in the City, and only one with a Medicaid license; and

WHEREAS, adult day health services are a recognized component of Medicaid-funded home- and community-based services designed to help older adults and people with disabilities remain in community settings rather than more costly institutional care⁵; and

WHEREAS, national Medicaid data demonstrate that spending for institutional long-term care is significantly higher than spending for home- and community-based services⁶; and

¹ [National Council on Aging, What Is Respite Care for Caregivers? January 2025](#)

² [What Is Respite Care? | National Institute on Aging](#)

³ [The effect of adult day care services on time to nursing home placement in older adults with Alzheimer's disease - PubMed, December 2005](#)

⁴ [Caregiving's Toll on Work Happens Quickly – Center for Retirement Research, July 19, 2022](#)

⁵ <https://www.medicaid.gov/medicaid/home-community-based-services/index.html>

⁶ [10 Things About Long-Term Services and Supports \(LTSS\) | KFF, July 8, 2024](#)

WHEREAS, family caregivers provide billions of dollars in unpaid care annually in Texas, representing a substantial but often invisible component of the health and long-term care system⁷; and

WHEREAS, Austin’s population of residents aged 65 and older continues to grow rapidly, increasing demand for community-based services that support aging in place and family caregivers⁸; and

WHEREAS, the Capital Area Council of Governments Area Agency on Aging serves older adults and caregivers across a ten-county Central Texas region—including Travis County—and works to promote independence and support aging in place for adults age 60 and older⁹; and

WHEREAS, the Capital Area Council of Governments Area Agency on Aging regional plan identifies increasing demand for community-based services and caregiver supports as the population of older adults continues to grow throughout the Central Texas region¹⁰; and

WHEREAS, regional aging services planning emphasizes expanding access to home- and community-based services that help older adults maintain independence and avoid premature institutionalization¹¹; and

WHEREAS, the Age-Friendly Austin initiative—adopted by the Austin City Council—guides policies and strategies to improve quality of life for older adults, including strengthening community support and health services; and

WHEREAS, the Imagine Austin Comprehensive Plan establishes a long-term vision for the city that emphasizes healthy communities, equitable access to services, and planning that supports residents across the lifespan¹²; and

WHEREAS, the City of Austin Auditor has identified opportunities to improve coordination and services supporting older adults as part of the City’s Age-Friendly initiatives¹³; and

WHEREAS, improved access to adult day services can help prevent caregiver burnout and reduce crisis placements in hospitals or nursing facilities when caregivers are no longer able to sustain care at home¹⁴; and

WHEREAS, establishing new Day Activity Health Services requires coordination among multiple City departments for utilities activation, permitting, inspections, and related approvals, including water service, electrical service, and licensing coordination; and

WHEREAS, delays in coordinating these processes can significantly extend the timeframe for opening new Day Activity Health Services, creating financial burdens for providers who must carry facility costs

⁷ [Valuing the Invaluable: Family Caregivers in Texas Provide \\$41 Billion in Unpaid Care -- 2023](#)

⁸ [Age-Friendly Austin Progress Report 2021](#)

⁹ [Area Agency on Aging of the Capital Area](#)

¹⁰ [AAA of the Capital Area, Area Plan FFY 2024 - FFY 2026](#)

¹¹ [Health & Wellness ★ Capital Area Council of Governments \(CAPCOG\)](#)

¹² [Imagine Austin Comprehensive Plan July 15, 2022](#)

¹³ [City of Austin, Audit Report, City Services for Older Adults, October 2022](#)

¹⁴ [Caregiving | National Institute on Aging](#)

before they can begin serving participants and receiving Medicaid reimbursement for eligible services; and

WHEREAS, improving coordination among City departments involved in permitting, utilities activation, and licensing processes could reduce unnecessary delays while maintaining existing public health and safety standards.

NOW, THEREFORE, BE IT RESOLVED that the Commission on Aging recommends that the Austin City Council direct the City Manager to work with relevant City departments to identify opportunities to streamline and better coordinate City processes related to the establishment of Day Activity Health Services, including utilities activation, permitting, inspections, and related approvals.

NOW, THEREFORE, BE IT FURTHER RESOLVED that the Commission on Aging recommends that the Austin City Council direct that the City Manager to explore opportunities to simplify administrative processes affecting Day Activity Health Services development while maintaining all existing public health, safety, and operational standards required by the City and the State of Texas.

NOW, THEREFORE, BE IT FURTHER RESOLVED that the Commission on Aging recommends that the Austin City Council direct the City Manager consider establishing a coordinated point of contact or interdepartmental process to assist organizations seeking to establish Day Activity Health Services in navigating City requirements more efficiently, and to explore how the city can support the establishment of more Day Activity Health Services programs within the City

NOW, THEREFORE, BE IT FURTHER RESOLVED that the Commission on Aging recommends that the Austin City Council direct this implementation should prioritize coordination of existing City departments and resources to minimize fiscal impact.

Date of Approval: March 11, 2026

Motioned By: Commissioner Van de Putte

Seconded By: Vice Chair Ferguson

Vote: 9-0

For: Chair Bondi, Vice Chair Ferguson, Commissioners, Kareithi, Lane, Fred Lugo, Tran, Van de Putte, Yee, Zeng

Against: None

Abstain: None

Recuse: Commissioners Anderson, Scott

Off the dais: Commissioners Nudelman, Tyree

Absent: Commissioners Adams, Gloria Lugo

Attest: *Ryan Sperling*

(Ryan Sperling, Staff Liaison)

